



Good Health Matters

Volume 4, Issue 02

Diet and Exercise Tips for Type-2 Diabetes



What is Diabetes? - It is a condition of hormonal imbalance. Insulin is not produced in adequate amounts by the pancreas, or, there is resistance to the action of insulin in the surrounding tissues. Insulin is responsible for digesting sugars, and hence, sugars accumulate in the blood and urine, leading to various complications in body systems.

Diabetes is considered to be the next pandemic and is spreading at a rampant pace. Diabetes is disease in which there are high levels of sugar in the blood. This condition can't be treated but only be controlled. If left uncontrolled for long periods of time, the high blood sugar levels can damage the tiny blood vessels that supply blood to the eyes, kidneys and nerves. This in turn leads to permanent damage to those organs.

How to manage the disease?

The best way to manage the disease is **strict diet control, regular physical exercise** and if required **Hypoglycemic drugs** (drugs that bring your blood sugar down). Hypoglycemic drugs usually are not prescribed in the initial 3 months of diagnosis of Diabetes Mellitus. The idea here is to attempt to control disease with diet restrictions and regular physical exercise. The way to monitor the control of blood sugar levels over the long term is through Glycosylated Hemoglobin levels (Hb1AC).

Beat Type 2 Diabetes

Manage your diabetes by following basic principles of good health. Eat right, exercise regularly and maintain healthy weight. If you are ready to make effective changes, you can control your diabetes. This newsletter brings you the diet and exercise tips to manage type 2 diabetes.

Apart from this, this issue also gives you information on Ebola virus disease. The risk of Ebola virus cases in India is low but preventive measures will greatly reduce your risk of getting infected.

We hope you find the articles in this newsletter both interesting and useful.

Wish you a healthy month ahead.

Happy reading!

We would love to receive your feedback on our issues and the kind of articles you would like to see in future ones. So do write in to us at healthandbenefitsindia@aon.com.



Diet and Exercise Tips for Type-2 Diabetes



Diet tips in Diabetes Mellitus

Have shorter and frequent meals at regular intervals.

Strictly follow a diet chart which includes low carbohydrates, low fat, and limited amount of protein.

Have lots of vegetable salads before every meal to fill your stomach and satisfy your hunger.

Avoid food items which have high glycemic index like sugar candies, rice, sweet corn etc.

Avoid consumption of alcohol and smoking.



Exercise tips in Diabetes Mellitus

Brisk walking: It's considered as one of the best exercises. For best results, walk at a speed of five kilometers per hour or 12 minutes per kilometer. Start with 15 minutes per day and gradually increase it to an hour.

"We need people with diabetes up and moving," Dr. Griffing (MD, professor of endocrinology at the Saint Louis University School of Medicine in St. Louis) says. "If you can finish your exercise in one 30 minute stretch, fine. But if not, break it up into increments you can manage and the increments should add up to at least 30 minutes a day."

Warm up for 5 minutes before the exercise and cool down for 5 minutes after exercise. This will help in increasing blood flow and warming up your joints.

Drink plenty of water before and after the exercise to stay hydrated.

Take care of your feet by wearing shoes and clean socks. Check if the shoes fit you well and are comfortable. Check for any blisters, redness or signs of inflammation before and after the exercise.

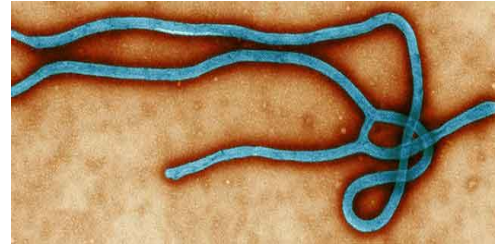
Increase the activity in general – such as climbing stairs, cleaning furniture. However, don't rely on housework or other daily activity as your sole exercise. Too often, people overestimate the amount of exercise they get and underestimate the amount of calories they consume.

Have a friend or mentor who is going to motivate you regularly and set attainable goals.

Check blood sugar levels regularly and note them in a diary.



Ebola Virus



Ebola epidemic has taken over West Africa with more than 60% of the affected people reported dead. CDC had initially issued a Level 2 alert and has now raised it to Level 3 warning urging people to avoid nonessential travel to the West African nations of Guinea, Liberia, and Sierra Leone. While Ebola is a serious threat to Africa, it can become a nightmare for other continents. It is important for all countries to efficiently tackle the fear and the virus.

Ebola virus disease (Ebola hemorrhagic fever) is a severe, often fatal illness. The infection is transmitted by direct contact with the blood, body fluids and tissues of infected animals or people. During an outbreak, those at higher risk of infection are health workers, family members and others in close contact with sick people and deceased patients. Ebola virus is found in wild animals. No one knows exactly how it reaches humans, but butchering or eating the meat of infected animals is a highly likely route.

Once the virus affects a human, it can spread rapidly to other people who come in contact with the infected person's body fluids such as blood, saliva and sweat. According to the WHO a single drop of sweat from the affected person can spread the virus. Technically speaking if the virus containing body fluid touches the mucosa or broken skin, the virus enters into the person's body. So travelers coming back to their homeland after international travel can carry the virus and can be potentially contagious. Any traveler who shows the symptoms and signs of the disease like fever, joint pain, and headache with muscle weakness should be put in isolation. If the person has shown the signs of bleeding, necessary blood and platelet products have to be procured for treatment.

However, please remember that Ebola does not spread from person to person via air. You would not acquire Ebola from casual contact with an infected person. It also does not spread through food or water.

Here are the precautions you can take to protect yourself:

- Avoid eating bush meat
- Avoid travel to affected areas
- Avoid hugging and shaking hands with potentially infected people
- Frequent hand washing ensures better protection against all infections
- Do not lick hands or bite nails
- Wash fruits and vegetables before consuming them

Continue taking these precautions everyday till the local public health authorities confirm the control of the virus. Follow up with your doctor for any other personal concerns like rash, red eyes, hiccups, sore throat etc. The prognosis of the disease is not good and the mortality rate is huge during epidemics.



Health Quiz

Question 1: Who are at higher risk of Ebola infection?

- (a) Health workers
- (b) Family Members and others in close contact with sick people
- (c) Hunters in tropical rainforests
- (d) All of the above

Question 2: India has largest number of diabetes patients.

- a) True
- b) False

Question 3: Common symptoms of Diabetes include

- a) Chronic thirst & appetite
- b) Unusual weight loss or gain
- c) Frequent urination
- d) All of the above

Question 4: Who are more susceptible to forming kidney stones?

- a) Men in the third and fourth decades of life
- b) Women in the third and fourth decades of life
- c) Adult
- d) Children

Find answers on the last page.



General Health Tips

❖ **Prevention of diabetic foot-** Tell your doctor even if you notice the mildest change in sensation in your feet as early recognition is key to preventing diabetic foot.

❖ **Foot care in diabetes-** Always wear socks as all footwear material can irritate feet and cause blisters.

❖ **Ginger good for digestion-** Fresh ginger with a small amount of salt should be taken 10 to 20 minutes before food to improve digestion.

❖ **Rightly timed exercise can improve sleep quality** - Exercising in late afternoon can actually help promote sleep. Just make sure you don't exercise a few hours before bedtime.

❖ **Pack in some quality sleep** - Good sleep and maintaining a positive outlook has been shown to be effective in improving immunity and preventing colds.

❖ **Flaxseed food items are good for heart-** Flaxseed has many health benefits including heart health benefits. When grocery shopping, look for foods containing flaxseed.

❖ **Air fresheners can be toxic** - Chemical air fresheners may be damaging to your nerves. Instead, use your favorite essential oils as freshener.

❖ **Reseal toxic items** - Keep potentially toxic items like gasoline, paint, paint-thinner, solvents at home well-sealed.

❖ **Why you should steer clear of high protein diets** - Be wary of the high protein diet. It can cause high cholesterol, heart disease, osteoporosis, and kidney disease.



Quiz Answers

1. D (All of the above)
2. A (True)
3. D (All of the above)
4. A (Men in the third and fourth decades of life)

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